



## September Harvest

### Subscription Plans:

Full Share (feeds 4-6 adults) \$500=about \$25 per week

Half Share (feeds 2-3 adults) \$300=about \$15 per week

If you have questions when completing the subscription form, please email Michelle Jones, Marketing Manager, at

[michellejs8@hotmail.com](mailto:michellejs8@hotmail.com)

To subscribe, go to <http://seattlemarketgardens.org/> and complete the CSA subscription form and mail it to P-Patch Community Gardening Program, 2301 South Jackson Street, Suite 208, Seattle, WA 98144.

### Cherry tomatoes

Recipe: [Cherry Tomatoes With Garlic](#) | Cooks.com recipe search. Ingredients: garlic, cream cheese, lemon, cherry tomatoes, fresh basil

### Summer squash

Recipe: [Summer Squash And Zucchini Casserole](#) | Cooks.com recipe search. Ingredients: zucchini, Summer squash, stewed tomatoes, bread crumbs, parmesan cheese

### Green beans

Recipe: [Green Bean and Tomato Salad with Fresh Herbs](#) | PCC Natural Markets.

### Kale

Recipe: [Spinach And Kale](#) | Cooks.com recipe search. Ingredients: 2 bunches kale, 1 bunch spinach, 1 onion, salt and pepper.

### Swiss chard

Recipe: [Criss Cross Swiss Chard And Steak](#) | Cooks.com recipe search. Ingredients: round steak, Swiss chard leaves, garlic, parsley, tomatoes

### Cilantro

Recipe: [Coconut Rice with Cilantro](#) | PCC Natural Markets. Ingredients: Jasmine rice, coconut milk, water, salt, cilantro

### Salad mix

Recipe: [Green Salad with Raspberries](#) | PCC Natural Markets. Ingredients: Raspberries, Toasted almonds, Red onion.

**Leaf lettuce**

Recipe: [Green Salad with Satsumas](#) | PCC Natural Markets. Ingredients: Romaine lettuce, red or green leaf lettuce, cucumber, walnuts, Satsumas, red onion, red wine vinegar, olive oil.

**Beets**

Recipe: [Spiced Beet Salad with Local Mixed Greens, Pickled Onions and Sherry Vinaigrette](#) | PCC Natural Markets. Visit website for complete menu.

**Tatsoi**

Recipe: [Tatsoi Mizuna And Edamame Salad With Sesame Dressing](#) | Vegetariantimes.com/recipes. Visit website for complete recipe.

**Shallots**

Recipe: [Emerald Spring Pea Soup with Radish and Arugula Salad](#) | PCC Natural Markets.

**Leeks**

Recipe: [New Day Spring Salad](#) | PCC Natural Markets. Serve with 2 to 3 cups mixed baby greens (toss in fresh mint, basil and arugula if you desire)

Go to [www.cooks.com](http://www.cooks.com), [www.vegetariantimes.com](http://www.vegetariantimes.com), and [www.pccnaturalmarkets.com/](http://www.pccnaturalmarkets.com/) for recipe detail or more recipes.

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